



Mancini tries hand at politics

BY ED VEILLEUX

For any political junkie, Mark Mancini is living the life this summer.

He is working in Ottawa, through the Conservative Internship program, inside Minister Tony Clement's office.

For someone like Mancini, who

Mancini's job involves assisting the Director of Parliamentary Affairs and FedNor for the minister, and the minister himself. Mancini said his job typically involves a lot of meetings, reading, writing, and phone calls.

Mancini had wanted the chance to try the internship program for quite awhile but was too young to apply (it's open to post-secondary students).

"Having just finished my first year, I thought it was a great time to apply," Mancini said. "I had to fill out an application form, and then went through a series of interviews until I was offered a job in Minister Clement's office."

When the job was offered, Mancini said it was a no-brainer to accept.

"There wasn't a lot of hesitation for me to accept the job. Minister Clement was always my choice to work for. I'm quite passionate about Northern Ontario, and what we need to do to ensure the sustainability of jobs and the industries they're associated with in the North.

For Mancini, it wasn't just his love of politics and the North that made him want to try to the program, it was a chance to prove



Photo supplied

Mark Mancini poses for a picture with Prime Minister Stephen Harper.

something.

"I was certainly nervous about starting a new job in the political firebed that is Ottawa, but it was a time to step up to the plate and prove that a guy from Sudbury can survive in what is nothing short of an iron jungle."

While spending time in Ottawa, in the minister's office, Mancini has had a chance to meet several high-profile Conservative politicians, including John Baird and Stockwell Day, and of course, the Prime Minister.

Mancini also got a chance to meet someone who is "probably my political hero," Peter MacKay.

"Overall, living in Ottawa is a great networking opportunity, politically."

Mancini has enjoyed the learning experience of being in Ottawa, and says the job quickly destroys pre-conceptions some may have about the world of politics.

"All politicians and their staff work very hard, and work long hours on behalf of

their constituents. It's a selfless profession, as odd as that may sound. As a political junkie, I've learned how government actually works, and what skills are truly necessary to succeed in that tough world."

Possibly the hardest part of the summer for Mancini has been being away from Sudbury.

"I would say being away from my family, friends, and my girlfriend was certainly difficult for me. I'm a bit of a homebody at heart, and that was really tough

at some points. In the end, you have to swallow the homesickness and go to work each day."

With his work though, Mancini carries the philosophy that it's bigger than himself and more important.

"My job is much bigger than just me. It involves a passion for Canada, and for what we need to do as a country to continue moving forward. It involves a belief in an agenda and a plan to keep our economy on track. That's why I wanted to do this, and what kept me going everyday."

Another benefit of the job is what he can take away from it to help him in his line of work as an LU senator, Mancini said.

"I believe my job this summer will help me as an LU Senator. A large part of my job was dealing with Northern Ontario issues, and this will help me in the larger context of the drastic issues facing post-secondary education in the North. My job as LU Senator also involves a lot of people skills, and if anything, I feel I developed those over the summer.

At the end of the day, his work as a senator is about the SGA students and serving them, Mancini said.

"I want to be able to apply what I learned to better serve the students of the SGA in this very important year, where we see a number of funding and education service challenges on the horizon."

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The Free Store impacts student lives

BY RON GULLET

The Free Store is unique to others stores for one central reason: Thieves can obtain any item they wish, for free, without getting tackled by security moments thereafter.

That's because The Free Store prides itself on delivering quality items to money-deprived university students free of charge. While there is currently a limited amount of space in the store, there is no shortage of useful supplies. Televisions, snowboards, DVDs, computers, coffee-makers, books, clothes and microwaves are just some of the items that are donated, and retrieved, from Laurentian University students.

Eric Kingsley, a Psychology student and volunteer at The Free Store, said the idea blossomed from its initial objective when it started making impactful changes in some students' lives.

"The Free Store is something we started with the Sustainable Earth Club to try and reduce the amount of trash that



Photo by Ron Gullet

Nadine Olivier and Eric Kingsley pose in front of the Free Store.

goes into the landfills, but it evolved into something more," Kingsley said. "Students

are on average very poor and it's a big deal for them to come here and, say, grab

a telephone for home or have a new book that they can read or grab a couple pairs of clothes."

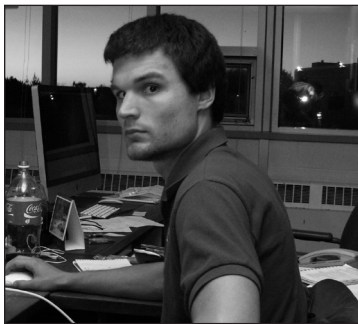
Kingsley said the store has been especially beneficial to many international students who couldn't bring their belongings from home.

"A lot of international students are getting screwed by tuition fees, paying three times what the average student pays, and they're not allowed to bring a lot of stuff with them," Kingsley said. "So every time you go to an international student's apartment you'll notice it's very unfilled. It's not to say they don't want those things, but they can't afford them. So it makes it a big deal when we see these students come by and leave with, let's say, \$500 worth of gear that they didn't have to pay for. That makes a big difference in their life."

Nadine Olivier, a Modern Language and Literature student and now store

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A look back, a step forward



ANDY VEILLEUX

I look back at my first year of university and think of all of the things I did not know or expect. How much time should I spend studying? Should I try out for a sports team? What if I don't like my program? There are so many questions; in fact, more questions than answers. I am hoping I can help answer some of the big questions, and give some helpful advice, and demonstrate that I am a psychic who wrote this article just for you. The advice that follows should

be obeyed at your own risk, of course. My first piece of advice: get involved! If you are a basketball, soccer, lacrosse, or any athlete, go try out for the team. The worst thing that can happen is that you don't make it, but at least you tried, and probably made some new friends. Also, there is always next year's try-outs. At the very least, go play intramural sports. Intramural sports provide a great opportunity to meet other students, and have a good time playing sports. If sports are not your thing, get involved with student politics with the SGA/AEF. You can also join one of the various clubs that fits your interests. Ask the SGA what clubs there are, and I guarantee you will find one that you will enjoy. Second: don't take school too seriously. Yes, university is your ticket to a solid, liberal education. Yes,

it is sometimes the ticket to a job (ha ha ha). Yes, it requires work. However, don't kill yourself over school (literally or figuratively). University requires work, especially in comparison with high school. That does not mean you can't have fun while you're in it. Spend lots of time with friends. Have great conversations. Go out and have some drinks (if you aren't against drinking, and if you are... well, good luck). Having a heavy workload in university is no excuse to stop having a social life. University is supposed to be a blast. Think about it, university is meant to be the funnest years of your life. After university, you get to work... full-time, and maybe even raise kids and be in a marriage. While it seems like it is a blast waking up at six in the morning to a screaming banshee of a child, make sure to enjoy your university years too. While partying is a blast,

make sure to take care of your stuff before partying. Trust me, convincing yourself that you will finish the essay the day after you slammed a 26er of vodka at a toga party is total deceit. Stop lying to yourself, just get it over with before the party, you slacker! Third: try to deal with your procrastination. Everyone procrastinates in university. Seriously. Well, almost everyone, aside from THAT guy. But you don't want to be THAT guy, do you? If you notice you're under the gun for several different assignments, finish one. It's that simple. Pick one of them, and just do it. You'll feel accomplished, and you can get back to Angry Birds, Farmville, World of Warcraft and your other true callings in life with less guilt. Fourth: don't worry about the gossip and drama. University is not high school, however drama and gossip will make it feel like it is at times.

My best advice is to not get involved. Who cares which guy your arch-nemesis, or roommate, is sleeping with? It doesn't matter who hurled their Subway Cold Cut out at the pub last night. These things happen, deal with them, don't spend too much energy talking about them. Fifth: Study what you want to study. If you do not like the program you're in, you can switch. Don't feel stuck being somewhere you do not want to be, and studying something you are not interested in. We all know we rolled the dice coming into university and selecting a program. Maybe your dice roll didn't pan out so well. At least you can re-roll. That is my series of useful tips and tricks. I hope you frosh feel enlightened and ready to grab university by the... tail. ay_veilleux@laurentian.ca

Welcome to the rollercoaster, kids



ED VEILLEUX

First off, I'd like to answer 'yes' to all those nagging questions you have. Yes, administration might lose files and charge you odd fees you don't agree with. Yes, you might be unfairly graded by a professor who doesn't like you. And yes, that cute girl you whistled at walking past the Parker building might turn out to be your professor... The same one who will now unfairly grade you! Welcome to university. Welcome to pulling all-nighters to finish essays or to finish that 2-4 challenge you've eyed down for years now. Welcome to Sudbury winters, Sudbury bars and to the confused student body. One day someone will ask you, "What are you going to do with that communications degree, anyway?"

Well, you can always write for your student newspaper, or bore that cute girl at a house party with your outdated knowledge of Marshall McLuhan. (I'm a communications major, if you're wondering). On a more serious note, university can be the best years of your life. Hopefully you are lucky enough to get that professor who will share a beer with you and listen to your moaning about staying up all night working on the essay that was due in his class. Professors are human too. That being said, make it a habit to finish assignments on time and to study enough to feel confident writing an exam. Nothing is worse than the stress of sitting down to write and thinking "was any of this in the study notes? Oh wait, I didn't read them." Do your work. Read your readings, all of them if you can manage. Talk to your professors. Seriously, show them you exist. Find a study friend to keep you honest for exam studying (thanks Matt). Get involved in the experience. There are clubs for everyone. If there isn't one for you, start a club. Ask questions to those in power, both the SGA and administration are here to serve you. Get your money's worth. Go to bars if it's your thing, live the bar

life. But don't forget what is real. Don't forget that essays don't write themselves and hangovers do exist. Date that girl, or that guy. And above all else, be able to laugh at yourself. You're going to do some hilariously stupid things before you're done here. There are going to be times you can laugh or cry. Wouldn't it be nice to laugh sometimes? Girls or guys can and probably will break your heart. Alcohol is temporary, but friendship isn't. It will help you through the hardest times. Yes, you'll miss your family and friends from back home. That's OK. You're not alone. Meet new friends, find new family. Live every day for the experience of it. You can learn and enjoy every day if you let yourself. The more things change, the more they stay the same: gossip and drama has followed you from high school, except now most people don't have authority to answer to. Expect a lot of sentimental nights and a lot of bad scenes. It's all a part of growing up. You'll be fine. Be the trustworthy friend, be the responsible one. Someone has to be. It will

make up for the nights where you're the one being looked after. Here's a list of things you should do before you leave this place: -Go watch a play, seriously. -Go watch a sports game, I recommend soccer but I admit I have a bias. -Pop into the SGA office to see what you can get. You pay them. -Say "hey" to LU President Dominic Giroux. He is possibly the friendliest person on the planet. -Stump a professor on a question. They are still learning too. -finish an assignment a week before deadline and hand it in. Watch the look on your professor's face as they pretend not to be surprised. -Walk into the Lambda office to say "hey," tell us what you think of the paper or give us a story idea. Take it a step further and write for us, if you'd like. -Go to the LU beach. Seriously. You might even find VP Services Iain Park out there! -Go to an SGA event. You pay for them. -Go to the gym. Never worked out before? There's only one way to learn. -And, finally, use the library. You'll thank me later. eddy_veilleux@hotmail.com

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Andrews plans Ambitious year

BY ED VEILLEUX

For Charlie Andrews, stepping into the SGA president office after winning the spring election wasn't too much of a stretch.

"Getting into the office and starting the job was very easy; I've been active with the SGA/AGE for four years and I have experience working in the office, therefore, I already knew what to expect when coming into office due to my past volunteer and work experiences with the SGA/AGE," Andrews said.

Andrews is familiar with Laurentian, having completed his Bachelor of Arts at the university.

Originally from St. Johns, Newfoundland, Andrews has always been involved in extracurricular activity, including cadets, concert/jazz band and constant volunteering in the community.

Although the office was familiar to Andrews, the job of president has opened his eyes and has taught him much so far, he says.

"Being president has been such a learning experience in terms of ethics, communication, team work, and time management. I can't express enough how I really enjoy helping the students achieve their goals academically and to ensure they have a wonderful experience at Laurentian University - being an SGA/AGE student must be a privilege and

the office team had been working hard to ensure this is achieved."

Andrews prides himself on working a non-typical schedule as SGA president, working "24/7" to help students, if need be. On a typical day, Andrews is answering emails or Facebook messages from 8 a.m. to 11 p.m., in between attending meetings, touching base with the office to keep things on track and communicating with external parties, such as the media. Andrews also prides himself on helping students through the academic appeal process and through advocacy meetings.

Andrews says he is unique from past presidents for a variety of reasons, which will benefit students.

"Past presidents were typically social science majors; however, I was a fine arts/humanities major. As a result, I am slightly more creative in terms of past presidents. Also, I am really interested in student

appeals and advocacy. This means I enjoy helping students appeal their academic rights."

He also feels that his "24/7" schedule allows him to be more open to students.

"Another aspect that makes me different is that I am overly dedicated in the sense I will be available to a student in need at anytime. For instance, I've connected my email and



CHARLIE ANDREWS

"I will be working with the office team to re-structure the office internally," Andrews said. "Many policies are outdated and they need to be updated. The SGA/AGE is an incorporated body... the policies in office need to be upgraded; this is crucial for the future of the association and I will make sure this is completed this year."

This goal is driven by the president's love of the association and his love of helping students, he says.

"I love the SGA/AGE and it deserves to be updated (manuals, policy and procedure manual, mission statement, website, pamphlets, constitution etc.). I love the SGA/AGE and I genuinely look forward to being there for the students." eddy_veilleux@hotmail.com

'Park radio' fights the 'good fight'

BY ED VEILLEUX

If there is a box to think outside, Iain Park takes it a step further and lives outside of it.

When he lost the first election (which failed to have enough voters and had to be redone) by roughly 10 votes, Park hustled hard on the second effort and won himself a trip to the SGA office.

"Wow, what a dramatic turn of events," Park recalls. "I taped posters to the floor because they kept getting taken off the walls. Yes, the custodial staff was angry and yes we've reconciled," he laughs.

Park thinks: "People voted for me because I promised electronic music concerts, and some hip hop."

Park sees his job as a way of "Fighting the good fight."

When it comes to what separates him from past SGA VP of services title-holders, Park says qualifications are key. "I'm different than other VP Services because I'm...this sounds so

cocky... I'm the most qualified VP Services of all time." He jokes about saying it with a Kanye West voice. "I have a lot of music industry experience, this is good for booking concerts. Having said that, my job isn't just booking concerts, but it's what makes me unique."

On a typical day, Park comes into the office around nine and leaves around four. His day, of late, have included working with Frosh coordinator Kylie on frosh stuff, selling advertising for the

student handbooks and planning things for throughout the school year.

When asked what the biggest shock since gaining office has been, Park says, "Where do I start? I mean adversity has been a close friend of mine lately."

I have a lot of music industry experience, this is good for booking concerts.

Having said that, my job isn't just booking concerts, but it's what makes me unique.

Iain Park

Talking about life goals, Park keeps it short and to the point, saying, "I just want people to be happy."

His Twitter feed (@Parkradio) reads like an honest memoir, never missing a detail and at times not stopping to censor. His candidness is part of what makes him a larger-than-life character around the university.

When it comes to the importance of music and fulfilling that aspect of his job, Park says, "Anyway, music breeds culture, kind of a weird statement, I'm kind of a weird guy. I'm trying to do this, but man is there a lot of red tape. Trust me, everything will be okay."

In terms of what to expect from the SGA and Park this year, he pulls no punches.

"The world," he says. eddy_veilleux@hotmail.com

Health and Counselling Services there to help

BY ANDY VEILLEUX

Help is never far for students of Laurentian University. Laurentian offers Counselling and Support Services, as well as Health Services, to students.

While the departments used to be separate, they have begun to amalgamate, according to Rivet.

"The University Health Services and the Counselling Services will be amalgamating and consolidating in order to improve efficiencies and provide holistic care to students encompassing mental and physical health," Rivet says.

The Counselling and Support Services offers free personal, crisis, and career counselling, according to the manager of

Health and Counselling Services, Lyne Rivet.

According to Rivet, the purpose of the Counselling services is to "help students cope with dilemmas in their personal development or with painful events in their lives in ways to further their own growth and make their experiences at LU more productive."

Rivet believes the Services are important with insuring student success at university.

"The counsellors can assist the students with their schooling by assisting individuals with motivation, stress, time management, study methods and so forth," Rivet says.

"Also, when dealing with their unresolved personal issues, students are

more likely to feel optimistic and succeed academically."

Rivet believes there are a wide range of reasons students consult with the Services.

"Students consult counselling services for a wide range of issues and concerns such as adjustment difficulties, relationship problems, situational crises, persistent difficulties in studying, bothersome moods, abuse issues, depression, anxiety, eating disorders, substance abuse, and et cetera, Rivet says."

Rivet wants student to be aware of some key indicators, which could signal a student is in need of the services.

"If a student is feeling sad, pessimistic, or hopeless and helpless, they should

contact a counsellor," Rivet says.

The purpose of the Health Services department is to "provide comprehensive primary health care to the university community," Rivet says.

The Services are available to on and off campus students, according to Rivet.

Students can book appointments with a physician, or even a nurse practitioner through the service. Students may also be referred to specialists as required.

The health care professionals are available from Monday to Friday, 9am until 4:30pm. Students may book an appointment by contacting the secretary of the department at 705-673-6546. ay_veilleux@laurentian.ca

Free Store looks to evolve in second year

FROM PAGE 1

manager, plans on implementing new ideas to help the store evolve further.

"I'm hoping to add more of a store aspect idea because at first it didn't have that because we wanted it to be more of a hangout area, and there wasn't really management or anything like that," Olivier said. "But now we realize we have to do add more of a store aspect to help it grow."

Kingsley said that since the store's inception this past February,

they've had issues concerning greed from some of the students.

"We've noticed over the course of the school year that some people take more than their fair share," Kingsley said. "We're currently deciding if we should add item limits, or maybe put up some posters saying 'Hey guys, we're here to share, not feed your consumer whore tendencies.'"

The store also has plans to partner with the LU Coffee Club as well as extend its hours of operation.

"This is one of the only places that are open past 4 p.m." Kingsley said. "We plan on being open until 7 p.m., right before night-time classes, so it'd be really great if we can have some coffee in here for students, listen to music and shop around."

Besides offering free items, Olivier said The Free Store will also provide helpful advice.

"There are plans to start a project where people can come in and sign-up and list ideas of how to re-use clothes, t-shirts, or how to

sew on things or get stains out of clothes," Olivier said.

"Everything we buy comes from the natural world in one way or another, and we only have so many resources," Kingsley added. "So why throw out that perfectly good shirt that has a small little stain on it?"

While both Olivier and Kingsley are in the final year of their respective programs, they plan on training new volunteers to take the reins when they're gone.

But before you collect a box

full of useless knick-knacks around the household, The Free Store would appreciate if students were mindful of any potential additions to the inventory.

"We don't want ripped, torn, dirty, muddy clothes," Kingsley said. "If you wouldn't give it to a friend, don't give it to us. We don't accept undergarments or bathing suits or open cosmetics, like eye shadow or lipstick. And try to clean your items before bringing it in please."

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Top five apps to make you a hAPPIer student

**HUMOUR
BY EDDIE HAMILTON**

Students! Are you looking for that latest app to help you excel in the academic environment? We have done intensive research and found the best apps to give you the edge up on your fellow classmates (or “competitors” as you should be calling them).

1) It’s your first year of University and you are living away from home for the first time and with all this increased freedom comes increased temptation. Temptations like chocolate-flavoured liqueurs, all-night Scrabble tournaments and “dress up as your favourite Smurf” parties. This is why marks typically fall by an average of 10% from the last year of high school to the first year of University (we made that statistic up, but it feels right). This is why the new app “Nagging Mother” will come in so handy. Whenever you are tempted by anything that takes you away from studying or sleeping just press the appropriate button on this app and you will hear the digitally reproduced voice of your very own mother

tell you things like “I didn’t go through 20 hours of labour with you to have you throw away your life by getting alcohol poisoning” or “It’s not for me to say, but I really don’t think he’s your type, dear” or even “we would have spent your tuition money on a trip to Paris if we knew you would be spending your time at University partying”. Bonus feature: comes with an extra video feature of your dad shaking his head in disappointment.

2) We all know that blackmailing someone is wrong and there are some people who might even consider it illegal (e.g. police officers, lawyers, judges, your future cellmate) so my editor says I am not allowed to recommend this awesome app called “B+ for Blackmail”. Activate this app and it searches the internet for any embarrassing, controversial, or potentially career destroying things your professor may have done in the past. Not only does it get through privacy settings and go through your professor’s Facebook account for pictures of them partying a bit too hardy it can also set up a spy

malware virus on your professor’s cell phone so you can have transcripts of all their texts and phone conversations. After seeing some of the information this app collected (head of the Babylon 5 appreciation society, prof?) there is no doubt the professor will be more agreeable when you explain your essay deserved a B+ mark and not the D- it received.

3) Did you know that after the age of thirty there are some high frequency sounds that become impossible to hear because of the deterioration of your cilia (ear hairs)? It’s true and www.noiseaddicts.com “Can you hear like a teenager” proves we aren’t making this crap up. Here’s a philosophical follow-up question: If a student cheats during an exam and nobody hears it, is it cheating? Like the “tree falling in the woods” question we are hoping the answer is no, because the app “Can you hear like a student?” allows you to store your crib notes in an audio stream file and play them in a high frequency tone during a test. Your professor may suspect something is up but because the noise is

below their auditory threshold they can’t prove it. Warning: do not use with professors under 30, so always ask your professor for a birth certificate before enrolling in their course.

4) Remember how you used to breeze through high school by plagiarizing large parts of your essay from other sources? Well forget that. Today’s modern Professors are using programs like PlagiarismChecker to make your life harder. And if you get caught plagiarizing in University you get a zero for the assignment, the course, can get expelled from University and even worse they may get your parents to say “I’m very disappointed in you” in that tone of voice that drives you crazy. So you should be grateful that students are back on top in the technology plagiarism race with the new app “PlagiarismChecker Checkmate” which automatically goes through any text you have plagiarized and changes it just enough (using synonyms, rearrangements of words and sometimes by just randomly adding words like “thusly” and “ergo”) to have

PlagiarismChecker give it the thumbs up. While you are giving it a different digit up.

5) You know what is great about beer? It makes you funnier, better looking, and a better dancer. Know what is bad about beer? It gives you the dreaded phenomenon known as “Beer Goggles”, where you see people as funnier, better looking and better dancers than they really are. This is why you need the app called “Beer Ungoggler”. This app is as useful as it is impossible to pronounce. Simply take a picture of the person you are thinking about approaching and the Beer Ungoggler app will transform the photo so that you can see what they would like without Beer Goggles. Yikes! That was close. She just went from Lady Gaga to Lady Blah Blah. Now go back to drinking beer and hope that good looking blonde over there doesn’t have the same app.

Just download some of these useful apps and it will be like having a GPS to guide you during your journey through University. Getting a good job after you finish University? There’s no app for that.

Your greatest gift is the power to choose your own destiny

**OPINION
BY ROBERT KIRWAN**



I don’t get much of a chance to read poetry, but I came across one recently that was written by a wise old person who goes by the name of Hafiz. The poem is called, Gifts, and it speaks about the potential we all have when we first come into this world.

*There are so many gifts
Still unopened from your birthday.
There are so many hand-crafted presents
That have been sent to you by God.
The Beloved does not mind repeating,
“Everything I have is also yours.”
There are so many gifts, my dear,
Still unopened from your birthday.*

Hafiz was of course referring to the fact that all children are given magnificent birth-gifts – talents, capacities, intelligences – that would remain unopened were it not for their own decisions and efforts as they make their way through life’s journey. At birth, we have no idea about the potential of a child. The possibilities are endless.

And yet, even though every parent

who has ever held a newborn baby acknowledges the potential of their child, it saddens me to know that there is a lot of truth to what Buckminster Fuller said in one of his books, “All children are born geniuses; 9,999 out of every 10,000 are swiftly, inadvertently degeniusized by grownups.”

I witnessed my own children grow and develop into adulthood, each one making choices that have shaped their destiny, and I continue to watch as they make more choices in adulthood that will further determine their journey in life. William Jennings Bryan, an American politician and diplomat who lived from 1860 to 1925 said it best when he stated that “Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved.”

Author Marianne Williamson expressed how we are often fearful of our own capacities. She writes “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn’t serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our

own light shine, we unconsciously give other people permission to do the same. As we’re liberated from our own fear, our presence automatically liberates others.”

And so I find myself looking at my grandchildren and wonder how the choices they are about to make in their lives will shape their destiny during the years to come.

I look at the people I meet in my own travels and wonder what choices they have made to bring them to the place they are at right now.

And I have come to realize that the most important gift we are given as human beings when we are born into this world is the freedom and power to choose.

Steven Covey states in his book, “The 8th Habit” that “next to life itself, the power to choose is your greatest gift.” He goes on to explain that “Your power to choose the direction of your life allows you to reinvent yourself, to change your future, and to powerfully influence the rest of creation. It is the one gift that enables all the gifts to be used; it is the one gift that enables us to elevate our life to higher and higher levels.”

I have often found tremendous motivation and personal courage from the words of Covey as he states, “This power of choice means that we are not merely a product of our past or of our genes; we are not a product of how other people treat us. They unquestionably influence us, but they do not determine us. We are self-determining through our choices. If we have given away our present to the past, do

we need to give away our future also?”

And so I leave you with a thought I have every time I find myself in a situation with which I am not totally satisfied or fulfilled. I remind myself that I am a product of choice. I am where I am because I so choose to be there. In other words, I am responsible for my current situation. I cannot blame anyone else if I am not happy. If I am not satisfied with my current situation, then I can choose otherwise.

The challenge I make to all of my readers today is to acknowledge and recognize that you are without a doubt a product of every single choice you have made in your life to date. If you have indeed given away your present to the past, then make a decision to take back your future. Do not be afraid of the power you have within you to achieve dreams you thought were out of reach. And by all means, make sure that you pass this message on to each and every child you encounter along the way.

Always remember that you can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end. Make a choice today that will allow you to experience the future like never before.

Have a great year!

[Robert Kirwan is the host of The Learning Clinic Radio Show on CKLU 96.7 FM every Monday at 1:00 p.m.. He is also a Trustee with the Rainbow District School Board. His web site is www.thelearningclinic.ca

Touring Africa for change

BY RON GUILLET

Does traveling across the barren, potentially dangerous African landscape on a bicycle with no bottled water sound exciting to you?

To Water Cycle, a non-profit organization, it is a worthwhile adventure to spread awareness about the water issues surrounding the dry country of Africa.

Jason Galbraith, a Laurentian University alumni, and Eric Kingsley, a student in the Psychology program, along with four other friends, plan on taking a six-month bicycling trip in October 2012 from Cairo, Egypt to Cape Town, South Africa. According to Galbraith, the trip will span approximately 13,400 kilometers.

Kingsley said the original purpose of the trip was to explore Africa, but the group decided to do something more in hopes of one day altering the bleak circumstances surrounding the country's water supply.

"Myself and a couple of other friends decided one day that we wanted to go on a trip to Africa," Kingsley said. "But after we decided that since we have a lot of time and are going on this trip,

we could something beneficial for the people there. We ended up landing on the topic of water."

Galbraith said the documentaries Blue Gold: World Water Wars and Flow: For Love of Water opened his eyes to the severity of Africa's water issues and motivated him to join the trip.

There are places in Africa where people bring machetes to fight off other farmers for water. That's how scarce it is.

Eric Kingsley

"Previous to ordering these documentaries I was completely ignorant of the world water crisis and how huge and far reaching water issues actually are," Galbraith said.

According to Kingsley, a primary source of inspiration was Maude Barlow, a Canadian water activist who was directly involved in both documentaries mentioned above. Not only has she shed light on numerous issues, such as the global water crisis, which have fueled Water Cycle's goals, but

she also approved of the group's initiatives.

Galbraith said another reason for the trip is to dissolve some of the ignorance surrounding Africa.

"The country is often misunderstood," Galbraith said. "The entire continent is treated as this homogenous area for conflict. So the goal of our trip is we want to learn and we want to teach about water issues, as well as correcting a lot of the ignorance the world has towards Africa."


Kingsley, who mentioned having goose bumps just from discussing the issue, was passionate while explaining the severity of the situation.

"Nothing on this planet can survive without water yet billions of people are forced to drink horrible water that gives them diarrhea or even kills them," Kingsley said. "Every 19 seconds a child dies from a lack of clean drinking water. Since we started this interview, at least 10 children have died. That to me makes it a big deal."

Kingsley said the trip consists of more than just bicycling across Africa. The group not only plans on depriving themselves of any bottled water,

but they will film a documentary to help its cause.

"We're not using any bottled water from private sources,"



ERIC KINGSLEY

Kingsley said. "We're going to go in Africa and find our own water and cooperate with the local people. Sometimes we're going to have to get water from puddles and actually filter our water, so we're going to put ourselves in a water crisis. We could be considered colonialists coming in and learning about what's going on and taking stuff for our own good. But really, I don't think it's like that at all because we're there learning from the life experiences of these people so we can spread their story to the world."

Such a task may come with

difficulties in a country that is crumbling at its foundation due to a lack of clean water, but Kingsley believes a trip of this magnitude could be the first step in changing that outcome.

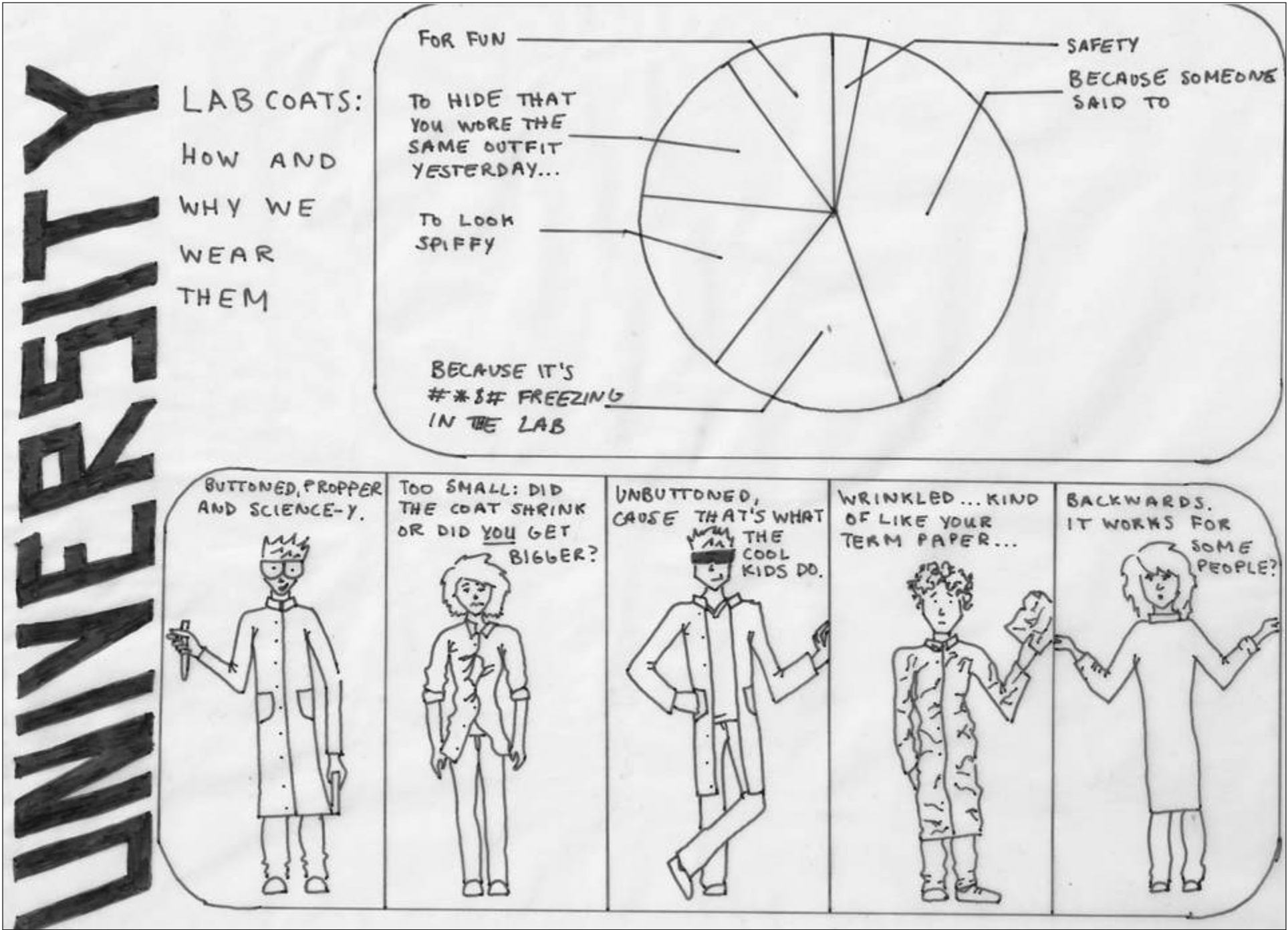
"There are places in Africa where people bring machetes to fight off other farmers for water," Kingsley said. "That's how scarce it is. Maybe I'm naïve, but I believe if there were other options, people wouldn't do things like that."

Galbraith said water is the focal point to many of the issues surrounding Africa.

"Experts say the solution to Africa's problem is education, but how can you get educated if you're walking 20 kilometers to get water?" Galbraith said. "And guess what? That water has typhoid and cholera in it so they're going to get sick, spend the little money they have exacerbating the poverty issue and further straining health care issues. It's a trickle down effect that just keeps growing. It's scary."

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“University” Illustration by Caitlin Roos



‘Edgy, real’ Encore Theatre Company launches

BY NINA NESSETH

A new theatre company has made its home at Thorneloe University. The Encore Theatre Company will be opening its first season on Sept. 10 and it is hoping to bring a new and exciting theatre experience to Sudbury. Its founding members are Thorneloe alumni Callam Rodya, Jocelyn Dotta, and Nicolas Barbeau, current student Richard Barlow, and Thorneloe teacher and alumna Jenny Hazelton.

The company’s season was revealed at their Lights Up! Gala on July 21. The three mainstage plays are a mix of new and familiar works: Québécois playwright Michel Marc Bouchard’s *Down Dangerous Passes Road*, Arthur Miller’s contemporary classic *Death of a Salesman*, and Patrick Marber’s *Closer*. Encore will also be taking over Thorneloe’s playscript series, which fundraises for improvements to the Ernie Checkeris theatre.

Through this season’s works, Encore wants to address the real human and moral trials present in today’s society. “When we say edgy, real, and gritty, it is in terms of subject matter. We want to actually pursue difficult subjects, raw human experiences and emotions,” explains founder and artistic director Callam Rodya.

“We are exploring the stories behind closed doors. As much as we are aware of issues as a society, there is so much that stays unsaid,” adds Jocelyn Dotta.

A large part of Encore’s mandate involves providing a semi-professional theatre experience to Sudbury’s students and community. Their partnership with Thorneloe University is a natural fit – they hope to attract students and members of the local theatre community and provide them



Photo supplied

Encore Theatre Company founding members (from left to right): Callam Rodya, Nicolas Barbeau, Richard Barlow, Jocelyn Dotta and Jenny Hazelton.

with opportunities to learn and to work without having to leave the city.

They welcome individuals from a variety of theatre and performance backgrounds as the founding members themselves bring a kaleidoscope of skills to the company, ranging from traditional theatre performance to clowning and mime.

“Sudbury is on the cusp of this cultural renaissance, and it’s so great to be a part of it through this theatre company,” says Jenny Hazelton.

“We have a wonderful opportunity and niche here in Sudbury. What our students and community need to see is that we are a group of young people taking the reins of our own artistic destinies without leaving the north.”

Encore Theatre Company will be holding general auditions for the 2011/2012 season by appointment only on Sept. 19,

2011 from 7 p.m. to 10 p.m. at the Ernie Checkeris Theatre at Thorneloe University.

For more information, visit

The Encore Theatre Company’s website at www.encoretheatre.ca. lambda@laurentian.ca





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Black metal: Fun for the whole family

Even among metalheads, this subgenre is controversial

SASKATOON (CUP) — What differentiates one subgenre of metal from the next is a combination of lyrical themes, the style of guitar work and the vocal style — from low growls to wailing falsetto screeches.

Among the more popular of these countless offshoots are thrash metal (fast, unrelenting and with lyrics concerning social issues); death metal (brutal, cacophonous and with lyrics concerning violence or gore); and doom metal (with heavy and droning instrumentation and lyrics generally concerning grief and suffering), as popularized by Black Sabbath.

But there exist some subgenres that, even among metalheads, are considered a bit much. None are as divisive or notorious as black metal.

Black metal's lyrics revolve around anti-Christianity, Satanism and death. The songs often follow an unconventional structure, production value is frequently low, and the vocals are shrieked, terrifying and grating. The few black metal bands that perform live also place a heavy emphasis on theatricality, and it is not at all uncommon for shows to include mock crucifixions, impaled animal heads, lashings of blood and corpse paint — the odd WWF-style face paint that guitarists with made-up names like Hellhammer or Abbath Sathanicus are especially fond of.

All things considered, it's safe to say that in terms of subtlety, black metal ranks somewhere near the bottom of the musical scale — just above bagpipes and line-drumming.

It's misanthropic, it's nihilistic, it's evil as piss, and it can really creep people out.

In Scandinavia, the birthplace of black metal, an admission of appreciation for black metal is usually considered serious and legitimate grounds for re-evaluating a person's character. Mind you, there's a reason for that.

Varg Vikernes — a pioneer of the Norwegian black metal scene under the stage name Burzum — sprung to fame after being sentenced to 21 years imprisonment for burning down 14 churches, plotting to blow up a building and killing his band mate Øystein Aarseth. He's also famous for being a bit of a dickhead on matters concerning "race purity."

So yes, there is some merit to the belief that black metal is a morally-corrupting, soul-rotting, quasi-melodic path to hell.

But I can't help but feel that this is — for the most part — a gross misconception, a wrongful conclusion many reach as a result of its glossy, provocative image.

Every subcultural movement has its tag-alongs — outliers who use their respective movement as a pretext to violence or personal

notoriety. Punk had them. The G-20 protests had them. Even the civil rights movement had them.

Black metal is no exception. But off-stage, only an exceptionally small number of black metal musicians actually embrace the nihilistic ideals they espouse through their imagery and lyrics.

Vikernes, described as "the most notorious metal musician of all time," donated all of the funds from his newest

album, *Belus*, to victims of the Haitian earthquake. As wildly contradictory as this might be for a guy who openly embraces Germanic Paganism, it illustrates an important point. Like the people who listen to it, the culture of black metal is hardly homogenous.

For another salient example, consider Gaahl, lead singer of one of black metal's most un-Godly acts of all, Gorgoroth. Sure, he's a virulent anti-Semite, Satanist (duh) and a fan of

torture — having been accused of assaulting a man, collecting his blood and threatening to make him drink it (charming!) — but he's also a vegetarian, and his boyfriend, Robin Jakobsen, is a prominent Norwegian fashion designer.

Any child of the '90s with a memory of *Goosebumps*, *Spawn* or *The Crow* can attest to the fact that the occult, death, mysticism and the macabre all carry a strange sort of universal intrigue that will never stop being cool.

In the majority of cases, the lurid imagery, gruesome lyrical content and thundering sound of black metal are used for nothing more than shock-value. A quick listen to Triptykon won't dissolve your soul, but it will expand your musical repertoire and knowledge of a fascinating underground culture. And if nothing more, it's a great conversation starter.



In order to assist our customers, Laurentian's Micro Computer Centre has redesigned its layout. Providing you with a more streamlined look, the MCC store will be better suited to provide students, staff and faculty with a one-stop experience for all your service needs.

In September, come visit us.



Casey Stranges is Moon Knight



Illustrations provided by Marvel Comics

Moon Knight is perhaps the most mysterious of the Avengers, relying on stealth over superpowers or brute force.

BY ED VAILLEUX

When captain America was choosing heroes for his stealthy Secret Avengers team, it might have shocked some people to see Moon Knight on the list. But, Captain America chose right.

When it comes to stealth, finesse and the will-to-win, Moon Knight is unmatched. This makes him the perfect hero to be Casey Stranges.

Around the Lambda office, we don't bother asking Casey how he gets things done anymore, we just know that he will always manage to get things done. He is tenacious, consistent and reliable.

Give him a white cape, some nunchuks and a few moons to throw around and Casey would make Moon Knight proud.

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Photo by Andy Veilleux

The Lady Vees basketball team will have a new look next season with seven recruits added to the club.

Lady Vees import b-ball recruits

BY RON GUILLET

The Laurentian Lady Vees' basketball team won't have its two star players on the roster next season, but head coach Mike Clarke is confident the new squad can compete in the Eastern Division.

The Lady Vees have lost six players from last year's roster, which includes Katie Goggins, Lisa Furchner, Carley Blaseg, Lyndi Meloche, Kyla Csumrik and Lindsay Hocevar. The departures of Goggins and Furchner will have the most significant impact on the team, which finished with a 5-17 record last season. Furchner ranked third in the Ontario University Athletics in the points-per-game category with 16.59, while Goggins ranked 12th in the OUA with 13.65 PPG.

Clarke said the departure of Goggins and Furchner will change the team dynamics.

"We will adjust our style as the bulk of our team fits a physically similar mold as in they were tall and athletic," Clarke said. "Also, we will have to simplify our game to counter our huge lack of experience."

While the roster overhaul will alter the Lady Vees' core, Clarke is hopeful the acquisitions to the team will build a solid foundation for the present and future.

"CIS basketball is not a game for 17 to 19 year olds to be wildly successful," Clarke said. "But we can be competitive now and a force to be reckoned with in the future. I am excited about our chemistry as I think our returnees will mesh very well with the newcomers."

The Lady Vees' recruits are:

Amanda McDonald, guard: McDonald is a former Junior Provincial team captain and OUA West All-Rookie Team member. She sat out last season

with the Wilfrid Laurier Golden Hawks due to injury, but is excited to get back on the court and contribute to the Lady Vees' young squad.

"I think this is a very exciting time to be apart of the Lady Vees," McDonald said. "The coaching staff is dedicated to their vision and it is a great group of talented young ladies with loads of potential."

Clarke said McDonald will add new dimensions to the defense and play a key role on the team due to her leadership abilities.

"Amanda is an elite defender and will bring toughness and experience to our young squad," Clarke said. "She is a perfect fit for our style of play and where we want to go. She adds confidence, toughness and maturity."

Devenae Bryce, forward: Bryce was recruited from the Innisdale Invaders as the team's MVP and captain for her final three years. She has had a successful tenure in basketball thus far, which she hopes to translate at the OUA level.

"I hope my aggressiveness and quickness on the court will be an asset to the team," Bryce said. "I also tend to find ways to beat defenders, and I'm always working on my dribbling, so hopefully my skills there will help as well."

Clarke said Bryce is the type of player the Lady Vees required to improve and she may thrive at Laurentian.

"Devenae is a real diamond in the rough," Clarke said. "She is very athletic and has improved tremendously the last year. She can really run and can be a real impact maker in the passing lanes and O boards. She really fits with what we are trying to build here."

Rachel McLean, forward: McLean won a

gold medal with the St. Basil Saints at the 2010 OFSAA AA Championship game.

McLean hopes her time with the Lady Vees will shorten her development curve as a basketball player and help her mature as a young adult.

"I love being part of a team because I think having the presence of other people pushing me makes me push myself even harder," McLean said. "I like to help my teammates with achieving their goals too. Basketball also offers me a chance to grow as a person as well as a player."

Clarke said McLean possesses a skill set that could make her an integral part of the Lady Vees' future.

"I have been watching Rachel for the last three years and have always liked her," Clarke said. "She is a tenacious rebounder and that is something that is hard to teach. She has been very well coached at St. Basil and has high-level championship experience. With her intelligence, toughness and work ethic, Rachel can really help us going forward."

Adrienne Moreau, guard/forward: Moreau played for the St. Joseph's Jaguars last year and played at the GBSSA 'AAAA' championship. Despite only being 18 years old, Moreau has lots of experience in basketball, as she played for the Barrie Royals for nine years.

Moreau is excited to be apart of the rebuild for the next few years.

"I look forward to playing with a young team that has great potential and growing together to be a strong unit by my third and fourth year," Moreau said. "I am excited to be a part of this team."

Clarke said Moreau still needs to develop, but she has to potential to be a leader on the Lady Vees squad.

"Adrienne is long, runs



Photo by Andy Veilleux

Katie Goggins, who won the President's Female Athlete of the Year award, will not be on the Lady Vees next season.

well and can really shoot the ball with range," Clarke said. "When she gets a little stronger and adjusts to the CIS game she has the chance to make a big impact."

Kat Shwabe, point guard: Shwabe was captain of her Lo-Ellen Park high school team the last three seasons and was also selected to the city All-Star Team twice.

Clarke is hopeful Shwabe can bolster the Lady Vees' defensive game.

"Kat is a true point guard who has steadily improved every year," Clarke said. "She has worked with coaches that I really respect, Jen Bourget at LoEllen Park and Scott MacWhirter and Bill Gordon with Sudbury Selects, and her basketball IQ is high. Kat is a good athlete, a hard worker and she brings an edge defensively. I think she has the chance to develop into an effective CIS player."

Mandy Consentino, forward: Standing at six foot four, Consentino will bring some size to the Lady Vees. She played four years of highschool basketball with the Strathroy District Collegiate Institute in Strathroy, Ontario.

Consentino hopes her versatility on the court will ensure her a roster spot.

"I hope to add my aggressive playing style with both offensive and defensive rebounding being a focus of my game as well as setting my teammates up for open shots," Consentino said.

Danielle Harris, guard: Harris has a decorated career in basketball thus far, having won an OFSAA 'AAA' Consolation Championship and had two appearances in the Ontario Summer Games. Clarke said Harris' two-way ability is what makes her an effective player.

"I knew she was an explosive athlete and being able to see her play both the point-guard spot and off the ball convinced me she'd be a great fit," Clarke said. "We've had some really athletic point-guards here over the years and she definitely fits that mould."

Despite the loss of key players to the Lady Vees and the focus on a young, developing squad, Clarke is confident the team can be a dark horse heading into the 2011-12 campaign.

"I think we will be an upstart team that will challenge everyone and back down from no one," Clarke said.
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Laurentian soccer preview

Lady Vees

BY RON GUILLET

The Laurentian Lady Vees’ soccer team will have to rely on its returnees to once again lead the club to the post-season and possibly beyond.

The Lady Vees has lost Corinne Kandravý, Alana Brady, Megan Joncas, Stephanie Mackay, Tanya Marshall, Cailey Robertson and Alicia Macpherson, who combined for a total of three goals last season. However, the club will retain its two offensive leaders in Leanne Adams and Lisa Watson, who represented 53 per cent of the Lady Vees’ offensive output.

Head coach Robert Gallo said that if the team is to reach new heights next season, its depth needs to come through.

“We need all 24 players to contribute on the field and in the locker room,” Gallo said. “We will need to outwork our opponents.”

Gallo expects some recruits to crack the roster and contribute.

“We are expecting a very competitive camp,” Gallo said. “Once training camp and

tryouts are complete I am sure we will see some surprises on our roster.”

Gallo said the Lady Vees’ defense, which ranked fifth in the Ontario University Athletics’ Eastern Division in the goals-against category, will play a pivotal role in determining the team’s fate next season.

“We are solid on defense,” Gallo said. “Our four rookie defenders will have more confidence coming back in 2011 and they should be our foundation to build on.”

The Lady Vees hope to have plenty of support from the students at Laurentian University as the team strives to take the next step in the OUA playoffs after a quarter-final elimination last season.

“Certainly we want to play exciting soccer get the student body out to support the team and get a home playoff game,” Gallo said.

The Lady Vees host its first home game against the Nipissing Lakers on September 2 at 4 p.m.
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Photo by Andy Veilleux

Laurentian Athletics’ soccer season kicks off September 2 at home.

Athletics home schedule

Date	Sport	Time	Men/ Women	Location	Opponent
Fri. Sept. 2nd	Soccer	4 & 6:15pm	W & M	LU Soccer Field	Nipissing
Sat. Sept. 3rd	Soccer	12 & 2:15pm	W & M	LU Soccer Field	Trent
Wed. Sept. 7th	ALL	10PM	ALL	BEN AVERY GYM	PRE-SEASON PEP RALLY
Sat. Sept. 10th	Lacrosse	3pm	Men	LU Stadium	Brock
Sun. Sept. 11th	Lacrosse	1pm	Men	LU Stadium	Brock
Sun. Sept. 11th	Cross Country	TBD	Women	Ramsey Tour	OUA Schools
Sat. Sept. 17th	Soccer	12 & 2:15pm	W & M	LU Soccer Field	Carleton
Sun. Sept. 18th	Soccer	12pm	Women	LU Soccer Field	Ottawa
Sat. Oct. 1st	Soccer	12 & 2:15pm	W & M	LU Soccer Field	Toronto
Sun. Oct. 2nd	Soccer	12 & 2:15pm	W & M	LU Soccer Field	Ryerson
Sat. Oct. 15th	Swim	TBD	W & M	Jeno Tihanyi Olympic Gold Pool	Alumni
Sat. Oct. 15th	Soccer	12 & 2:15pm	W & M	LU Soccer Field	Queen's
Sun. Oct. 16th	Soccer	12 & 2:15pm	W & M	LU Soccer Field	RMC
Fri. Oct. 21st	Basketball	6 & 8pm	Men	Ben Avery Gym	Tournament
Sat. Oct. 22nd	Lacrosse	TBD	Men	LU Stadium	McMaster
Sat. Oct. 22nd	Basketball	6 & 8pm	Men	Ben Avery Gym	Tournament
Sun. Oct. 23rd	Basketball	11am & 1pm	Men	Ben Avery Gym	Tournament
Sun. Oct. 23rd	Lacrosse	2pm	Men	LU Stadium	Guelph
Wed. Oct. 26th	Soccer	TBD	M & W	LU Soccer Field	Playoffs
Sat. Oct. 29th	Soccer	TBD	M & W	LU Soccer Field	Playoffs
Sat. Oct. 29th	Swim	4pm	M & W	Jeno Tihanyi Olympic Gold Pool	4 School Meet
Sun. Oct. 30th	Swim	8am	M & W	Jeno Tihanyi Olympic Gold Pool	4 School Meet
Sat. Nov. 5th	Soccer	TBD	Men	LU Soccer Field	OUA Semi Final
Sun. Nov. 6th	Soccer	TBD	Men	LU Soccer Field	OUA Finals
Fri. Nov. 18th	Basketball	6 & 8pm	W & M	Ben Avery Gym	Brock
Sat. Nov. 19th	Basketball	6 & 8pm	W & M	Ben Avery Gym	McMaster
Fri. Dec. 2nd	Basketball	6 & 8pm	W & M	Ben Avery Gym	Guelph
Sat. Dec. 3rd	Basketball	6 & 8pm	W & M	Ben Avery Gym	Lakehead
Fri. Jan. 6th	Basketball	6 & 8pm	W & M	Ben Avery Gym	Ottawa
Sat. Jan. 7th	Basketball	6 & 8pm	W & M	Ben Avery Gym	Carleton
Wed. Jan. 11th	Basketball	6 & 8pm	W & M	Ben Avery Gym	York
Fri. Jan. 20th	Basketball	6 & 8pm	W & M	Ben Avery Gym	Toronto
Sat. Jan. 21st	Basketball	6 & 8pm	W & M	Ben Avery Gym	Ryerson
February TBD	Nordic Skiing	TBD	W & M	Laurentian Trails	OUA Champs
Thurs. Feb. 9th	Swim	8am	W & M	Jeno Tihanyi Olympic Gold Pool	OUA Champs
Fri. Feb. 10th	Swim	8am	W & M	Jeno Tihanyi Olympic Gold Pool	OUA Champs
Sat. Feb. 11th	Swim	8am	W & M	Jeno Tihanyi Olympic Gold Pool	OUA Champs
Fri. Feb. 17th	Basketball	6 & 8pm	W & M	Ben Avery Gym	RMC
Sat. Feb. 18th	Basketball	6 & 8pm	W & M	Ben Avery Gym	Queen's
Wed. Feb. 22nd	Basketball	TBD	TBD	Ben Avery Gym	Playoffs
Sat. Feb. 25th	Basketball	TBD	TBD	Ben Avery Gym	Playoffs
Sat. Mar. 3rd	Basketball	TBD	Women	Ben Avery Gym	Playoffs



Photos by Andy Veilleux

The Sudbury Wolves are hoping some its young players, such as Mathew Campagna, take the next step in this season.

Wolves season preview 2011-12

BY ANDY VEILLEUX

The general consensus among reporters and those close with the Sudbury Wolves is that the team will be better next season, granted a few “if’s” get answered.

The biggest “if” for the team starts between the pipes.

Veteran goaltender Alain Valiquette will not return to the team, as this was his over-age year. The void filled by his departure is a sizable one.

The team has several goaltenders signed, but none should be considered starting goalies in the OHL. Jacob Riley has to be the leading candidate among the returning goalies, having played a total of 31 games last season split between the Wolves and Brampton Battalion. However, his .885 save percentage and 3.52 goals against average are nothing to write home about.

That brings us to the new addition to the Wolves, goalkeeper Johan Mattsson. The Sweden native, who is 19, was selected by the Wolves in this summer’s 2011 CHL Import Draft. Mattsson stands large in the pipes at 6’3 and 200 pounds, and also has some pedigree as a goaltender.

In 26 games in the SuperElit (Sweden’s U-20 league), Mattsson put up a GAA of 2.62 and a .930 save percentage. Going by the numbers, Mattsson has the ability to be a top goaltender in the OHL. He is a draft pick of the Chicago Blackhawks, and is expected to play for Sweden at the World Juniors this

season.

While he is untested in the OHL, it is likely he will be able to handle the starting goaltending job for the Wolves.

Wolves captain Marcus Foligno is expected to play professionally this season, most likely for the Buffalo Sabres’ AHL farm team. The Wolves will miss his offensive contribution, and the rough and tumble playing style he brought. The Wolves will also be without over-aged forwards Eric O’Dell and Mike Lomas.

The team is hoping Josh McFadden will return to the fold as an over-aged player. His 72 points as a defenseman was second on the team, and he is a big reason the Wolves had such an explosive power play last season.

While the Wolves may be losing offensive players, they have also gained a few. Headlining the list of players expected to chip in offensively is CHL Import player Jiri Sekac. The large Czech winger stands at 6’3, and finished in the top 25 in scoring in the USHL last season with 45 points. Sekac is expected to play for the Czech national team at the World Juniors this year. It will be interesting to see what sort of impact he will have in the OHL. The year he spent in the USHL should go a long way in making him familiar with the North American style of hockey.

The Wolves will be seeking internal help for their offense as well. Josh Leivo is expected to take a major step forward this season. Leivo was unstoppable in the latter part



Defense pairing Justin Sefton and Frank Corrado, both drafted in the 2011 NHL Entry Draft, will be expected to play more significant roles for the Wolves this season.

of the season, and the playoffs, with returning linemates Mike Sgarbossa and Andrey Kuchin. Leivo was second in playoff scoring for the Wolves with 6 goals and 13 points in 8 playoff games.

Kristoff Kontos registered 32 points for the team last season, and will be relied on to contribute more this season. Mathew

Campagna showed great promise as a rookie with 25 points, and 5 points in 8 playoff games. He will be representing Canada at the U-18 Hockey Championships this summer, which should be great for his development.

Defenseman Frank Corrado will be expected to increase his production after a successful

sophomore season in which he tallied 30 points.

If some of the “if’s” become a reality, the Wolves should be a much-improved team over last year’s version. However, be sure to check your expectations at the door, as anything can happen in junior hockey.

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Laurentian to add wrestling program

BY RON GUILLET

The Laurentian University Voyageur Athletics will be adding a men’s and women’s wrestling team to its varsity sports program this September.

While wrestling has been an Ontario Universities Athletics program since 1947, this will be its debut in Sudbury as a post-secondary sport. And the Voyageurs have wasted no time importing an experienced coach to take the reins, hiring Andy Lalonde for the position.

Lalonde began his international wrestling career in 1994 as a member of the junior team at the World Championships in Budapest, Hungary. He won seven provincial championships, three Canadian championships and finished fifth on the ladder for the 1996

Olympic trials. In 1995, Lalonde was named the Canadian Men U-20 MVP. Lalonde’s knowledge in the sport is embedded in him, as multiple World and Olympic Champion Anatoli Belaglozov coached him throughout his career.

Lalonde’s experience on the mat translated to a successful career in coaching as well. He had an assistant coaching position on the gold medal winning Canadian U-20 Men’s team at the Pan-Am Championships, and has developed a slew of successful wrestlers. He coached seven Canadian champions, 23 Canadian Championship medalists, Pan-American champions, a winner at the Commonwealth Youth Championships and a few athletes who have earned top-five finishes

in the world. Lalonde also led three teams to a top-three finish at provincials.

Laurentian’s Athletic Director, Peter Hellstrom, thinks Lalonde will help build a solid foundation for the wrestling program.

“Andy Lalonde brings a great resume with him and someone of his caliber, with the experience and expertise that he has, will be a great leader for the program,” Hellstrom said.

Lalonde thinks the Voyageurs will compete from the onset and avoid the growing pains that often accompany a new varsity program.

“With all of the local up and coming talent combined with those students who are coming here from afar, we have the ability to provide this program with a great foundation,”

Lalonde said. “I don’t want to just go out there and participate, I want to compete and I want to win. Laurentian has some great facilities and Sudbury is fairly central for the communities in Northeastern Ontario. Those are some key ingredients in developing a program that will be successful for years to come.”

Hellstrom is thrilled to add another varsity team to the fold as Laurentian continues to expand.

“I am very excited to be bringing another team into the mix here at Laurentian,” Hellstrom said. “With the additions we have made in the past few years and now wrestling, we have 10 sports under our umbrella and we are very proud to be expanding the number of student-athletes at Laurentian.”

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Student Success Centre aims to help

BY ANDY VEILLEUX

The Student Success Centre has one goal in mind, according to Charles Fink, the success of students.

Fink, the manager of the Centre, says “the university is just as interested in a student’s success as the student is.”

The office has been around since 2006, according to Fink.

“The office was created in 2006 as a go-to place for students, because students didn’t necessarily know where to go [for help],” Fink says.

“Students come in and I can either help them on the spot or re-direct them to the proper service.”

The Centre is broken down into five sections currently. The sections are first-

year experience, orientation, writing assistance, study groups and general advising.

The Centre covers “everything that supports a student academically,” Fink says.

Fink says the office helps a decent number of first-year students, but he would like to see more.

“I’d like to see (every first-year student),” Fink says. “The ideal model would be that every single first-year student would swing through this office.”

Fink believes first-year students require extra guidance, because the jump to university is challenging.

“The jump from where they were before (University) coming into this environment

is way different than anything they have experienced before,” Fink says. “This office can help ease them into this environment.”

Fink believes the office offers an important first step for students, and can help enhance their university experience.

“This office is here to help students take that first step into the university world, then you can branch off into other things whether that is writing for Lambda, running for student council, or just doing really well in your studies,” Fink says.

Fink compares his role with the Centre to buying a vehicle.

“If you want to buy a Honda, you go to Honda. Someone will sell you the car,” Fink says.

“We have that here. We have a liaison

office that does external public relations, recruitment; they are sort of the salesman. A month later, if you need an oil change, you don’t go back to the salesman, you go to the back and talk to the service advisor. That would be me. The service advisor will tell you what needs to be done and how to do, but it’s not the service advisor that actually does the work. The mechanic will do it.”

Fink has a piece of advice for students; seek as much advice as possible.

“I would encourage any student at any level to seek as much advice as they can so they can get the most out of the university experience,” Fink says.

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Perpetrating perpetuity: limiting vocabulary and the bigger picture

CALGARY (CUP) — It’s a tough time for words beginning with “p.”

“Pursuant,” “promulgate,” “preclude” and “practicable” have been banned by the United States government in documents produced for the public. The already limited usage of these words will probably diminish or drop off entirely because of this move to zero fat, plain language.

I worry that “perpetuity” might be next on that alliterative hit list. Some would argue that you could just say something will “last forever” rather than “exist in perpetuity.”

But perpetuity packs more punch.

“Perpetuity” conveys a solemn permanence. It’s the bait on the end of humanity’s timeline. The word assures us not only that something will exist forever, but that “forever” itself actually exists. Perpetuity is a sturdy noun;

forever, a mere adverb or, at best, a “quasi-noun” according to the Oxford English Dictionary (and according its usage in the previous sentence).

Pitting synonyms against one another may seem trite. But recently, I found myself considering the bigger picture and the greatest differences in denotation. Like “truncation” versus “perpetuity.” When you apply these words to life — to one woman’s life, especially — degrees of meaning matter.

Almost exactly three years ago, a young journalist who worked at a CUP paper, The Weal, had her life truncated in a multiple murder-suicide that left the city of Calgary reeling.

The friends and family of Amber Webb-Bowerman responded by building something that would last. Something in perpetuity.

The Amber Webb-Bowerman

Foundation sponsors scholarships at five universities to aid students interested in journalism and the arts. On May 26, the Amber Webb-Bowerman Foundation announced that the \$1,000 scholarship it awards annually at the Southern Alberta Institute of Technology is now an endowment.

No matter what happens to the foundation, the \$28,500 it has presented to SAIT ensures the award will live on indefinitely. Infinitely. In perpetuity.

That certainty will affect not only the lives of innumerable students, but the healing of those affected by Webb-Bowerman’s passing.

Webb-Bowerman’s mother told me that she was apprehensive about the foundation starting a scholarship program. She thought at the outset, “If it drops off in two years, it didn’t work.”

But it has worked. And will

continue to.

Webb-Bowerman was a great lover of language. Before her death, she had been studying Mandarin with her brother.

“After she died, the Chinese went by the wayside,” said Webb-Bowerman’s mother. “He said he’ll learn French someday.”

If a word or a language can call to mind not just denotations or connotations, but powerful and even painful recollections of a loved one, how wary should we be of limiting our vocabulary?

When a life is cut short, making something that lasts may combat

a sense of fragility and futility (hence tombstones, monuments and in this case, scholarships). However, the comfort we glean from something permanent comes only in part from the thing itself. We are consoled by the language we use to express its infallibility. What sounds inflated to some is integral to others.

Language, although not comparable to a human life, does take on a life of its own. It is not any person’s or government’s place to curtail it.



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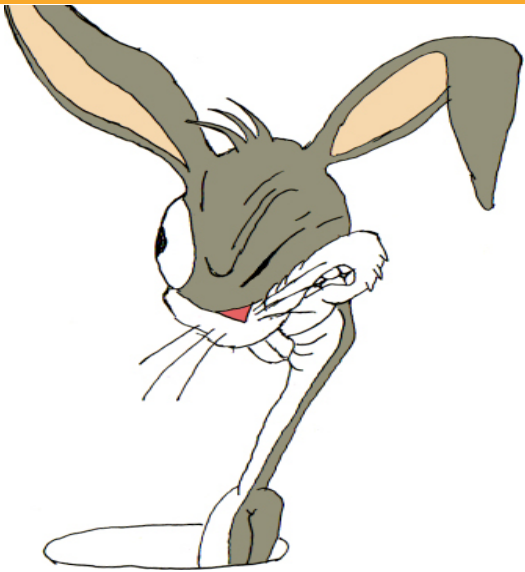
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